

casserole is always thick. However, if it gets too thick, add a little water as a thinning agent.

This can be served over boiled rice with an added dash of Tabasco just before eating.

**This is from your Basic C-Ration*

CREAMED TURKEY ON TOAST

Four spoons bamboo shoots or bean sprouts

Two spoons green onions (green part only)

Two spoons butter or oil or fat

*Three spoons milk

Three drops **TABASCO** pepper sauce

*Salt and pepper to taste

*One can turkey loaf, sliced

*One can white bread

Two spoons flour

This is a more elegant version of War II's S---on-a-shingle.

Melt butter or oil or fat and sauté onions or bamboo shoots. Add flour and cook until smooth. Now add the spoons of milk, a few at a time, and continue cooking til sauce is thick and smooth. Add other ingredients and then the sliced turkey, and continue cooking til turkey is well heated through. Serve immediately over rounds of white bread, which have been fried in butter or oil or fat or toasted, if possible.

**This is from your Basic C-Ration*

FISH WITH FRONT LINE STUFFING

Green onions, chopped (green and white parts)

Two spoons butter or oil or fat

Generous dash **TABASCO** pepper sauce

One spoon lemon juice

Eight spoons bean sprouts

*One can crumbled crackers

Two spoons water chestnuts, chopped

One spoon soya sauce

*Salt and pepper to taste

*One can ham and egg, minced

*Enough spoonfuls of milk to moisten mixture

Catch a fish. The above stuffing is enough for about a two pounder. Scale and clean the fish and stuff with the above, prepared as below. The stuffing may be doubled pending on how many and what size fish you caught.

Rub the fish inside and out with a little lemon juice and a few drops of Tabasco, as well as a little melted butter or oil or fat.

Melt butter or oil or fat and sauté onions in it. Then add bean sprouts and water chestnuts and cook for about five minutes. Add the minced ham and egg mixture and then add all other ingredients, adding the milk last and just enough to moisten the stuffing.

Stuff the fish with this mixture and secure with a string if necessary.

If a make-shift oven is possible, bake the fish til done. Fish does not have to cook for very long, no matter how it is cooked. If an oven is not available, the fish can be cooked in a skillet with some butter or oil or fat and turned frequently until done, basted with a little water. In the latter case, the stuffing should be heated separately.

**This is from your Basic C-Ration*

COMBAT ZONE BURGOO

Two spoons butter or oil or fat

Three spoons chopped onion

One chicken, cut up and boiled until almost tender

*One can spiced beef with sauce

*One can ham and lima beans

*Can of crackers, crumbled coarsely

*Salt and pepper to taste

Generous dash **TABASCO** pepper sauce

Kentuckians will recognize this as a variation of a back hills Burgoo, which is real man-size eating. It is an ideal fox hole dinner for two or more.

Melt butter or oil or fat and sauté the onions. Combine the cans of lima beans and ham with the spiced beef and juices and add the cut up pieces of chicken. Add the crumbled crackers to this, the Tabasco and salt and pepper to taste. Cook slowly until the chicken almost falls off the bones. If the Burgoo is too thick, thin with some of the chicken stock.

When you have pre-boiled the chicken, you will have some excellent chicken stock on hand. Get with a buddy and make the soup found in the following recipe.

**This is from your Basic C-Ration*

PATROL CHICKEN SOUP

Four spoons minced onion or green onions

Four spoons butter or oil or fat

Four spoons flour

One dash **TABASCO** pepper sauce

*Salt and pepper to taste

Two large cans of the chicken stock from the above recipe

*Crackers

*One small to one large can milk

Melt butter or oil or fat. Sauté onions in butter or oil or fat, and add flour. Stir until smooth and thick and gradually add the hot chicken stock until soup is well blended and thickened. Add Tabasco and salt and pepper, and serve immediately with broken pieces of crackers.